



Dr. M. L. DHAWALE MEMORIAL HOMOEOPATHIC INSTITUTE

Opp. S.T. Workshop, Palghar-Boisar Road, Palghar 401 404. • Tel : 02525-256932/33 • Fax : 02525-257019
(Recognized by the Central council of Homoeopathy, New Delhi and
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EXTENSION ACTIVITIES 2021-22-

2021-22	Stress management session
	General Health Camp[MJPJAY]
	Free Laparoscopic Tubal Ligation Camp
	General Health Camp [MJP JAY]
	Cataract camp





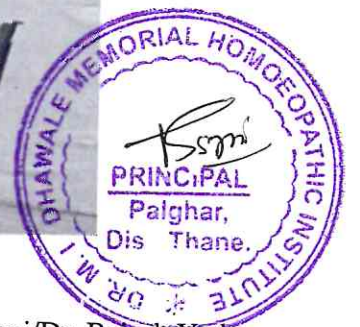
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Report on stress management session at Dandekar college



Date/time- 19/04/22

Report by- Dr. Priyanka Kewalramani/Dr. Rajesh Yadav

	Number	Name
Students	4	Dr. Mehwash, Dr. Gneya, Dr. Mamta, Dr. Devashri

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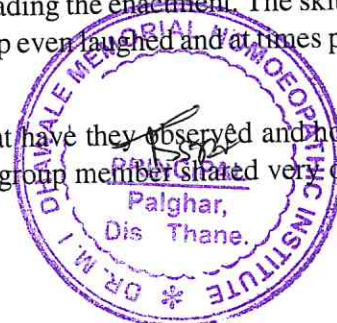
Background- Dandekar college authority approached us (Department of psychiatry) through our social worker for conducting a guest lecture on stress management to the undergraduate students of their college. The objective with which college approached us to have a simple lecture for their undergraduate (B.A., B.Com., B.Sc) students. For which we were asked how we have planned to take up the session to which we tried to gather the understanding of the difficulties or the level of stress in the students. The college representative and co-coordinator of the program Mr. Tejus Chaudhary responded to all the enquiries and requests in very swift manner. Our main objective was to understand and sensitize the undergraduate students to the stress, its effect and the way to manage it. Hidden objective was to have an association with the college in future.

We as a department Dr. Sunita mam, MKP sir, Myself and Priyanka at time discussed out the ways to go about the session in OPD as soon as the college approached us, to which we concluded on enacting the skit to demonstrate the stress and its effect on us at various levels. Post graduate students of Psychiatry department agreed to it and created and practiced a skit under supervision of medical officer and faculty. Dr. Priyanka along with guiding the students for the skit also prepared a presentation based on the understanding gather through skit with specific focus on the management of stress in daily life.

Day of the session- We were very well welcomed and felicitated by the college authorities instead of majority of them being busy in LIC work of their college at that day. The whole hall was full from the students, according to the faculty members at least 100 of the students turned down due to non-availability of space in the hall. It was a jam packed hall with all young bright faces in it. Initially the program was supposed to be taken in open hall which can hold capacity up to 1000, which was avoided by college as there were exams and inspection process was going. Soon the felicitation got over the session started up. I took up the step forward to address the group and took a brief and quick survey of the presence of stress and its impact of students. Group responded very well and came up front with all their difficulties and how they try to manage the stressful situations. Taking a point from that they were then exposed to observe a 10-minute skit and asked to keep their observations intact. The skit was about 4 old buddies trying to meet each other after long time in a restaurant. All were from different working environments, one became a CA who always stressed up and take help of cigarette and alcohol to overcome that. Another was a working class who could not overcome a relationship loss and still carries that burden which affected the emotional and physical functioning of hers. Another played a roll of another working class but very anxious person who often had to face the embarrassment of rushing to the washroom after getting exposed to any stressful or new environment. And the last one was from a medical field who herself had faced most of the issues and overcame it with some help.

Dr. Mehwash narrated the whole script and was a voice in leading the enactment. The skit went very well apart from some technical glitches of mic, the group even laughed and at times passed some non-audible comments on the actors.

Post completion of the skit group was asked to express what have they observed and how are they able to relate with them if it in any sense. Most of the group member shared very openly





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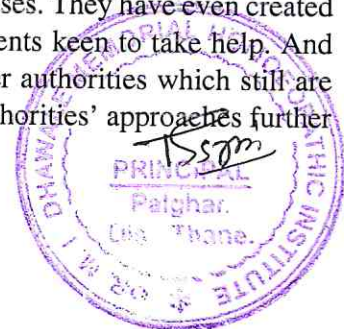
about what aspect of the skits they could relate with and certain life situations of theirs how it affected them. One female student very openly shared about her psychosomatic problems and certain suicidal behaviors done by her while facing the stressful situation in past. She was praised for her openness and taken up as an example by and from the group to discuss out the stressful situations and our reactions towards them. Another female student very openly talked about her stressful situations and how has she used certain activities especially physical activities to get to her rescue from the unfavorable situations. To get the group in confidence and talk more freely even myself and manoj sir talked of some of our college days' stress and how we tried to deal with them. Manoj sir took the lead up from this and taken the students to his charming but very meaningful journey, to which group resonated very well. Many boys also started to talk about their stress and reactions to those situations. That allowed a very healthy discussion amongst the group guided by MKP sir which lead to the foundation of understanding the management of stress. Dr. Priyanka presented her presentation with confidence and even discussed the points with examples of the 4 friends shown in skit.

The basic process of understanding and managing the stress was very well discussed. Sunita mam then shown the findings of our earlier studies conducted in junior college students about the level of anxiety in them. Group was not surprised but aww with the findings as some of them were the part of the study. Madam even made group understand the stress cycle and how it allows us to remain in that circle without taking up any conscious decisions. Madam even beautifully discussed and explained the importance of stress free campus and what actions we had taken up earlier of forming an expert team to reach out and try to help out the students in needs.

Completing the whole event, students were discussed and asked by MKP sir about how many are interested in becoming the mentor for any student who can guide the disturbed or needy one. Or whoever wanted to take help from our side to manage their emotional/psychological difficulties, must give their name to college faculties who will approach us for further actions. We even discussed with some of the faculties available there for our intensions to take up the left work in back year and try to be active in the campus for not only any study purpose but also for the betterment of the students, to which all agreed and assured to get back to us.

It took a lot time to conclude completely as post session their arrangements for some snack and tea was not executed well due to availability of less manpower who were mainly involved in LIC works.

As described by the event coordinator Mr. Tejus Chaudhary, college faculties who attained the session were inspired motivated and even understood their stresses. They have even created a whatsapp group of their own for interested volunteers and students keen to take help. And they are keen to have discussion about the MOU with their higher authorities which still are pending. A promising and bright future lies ahead if the college authorities' approaches further for associations.





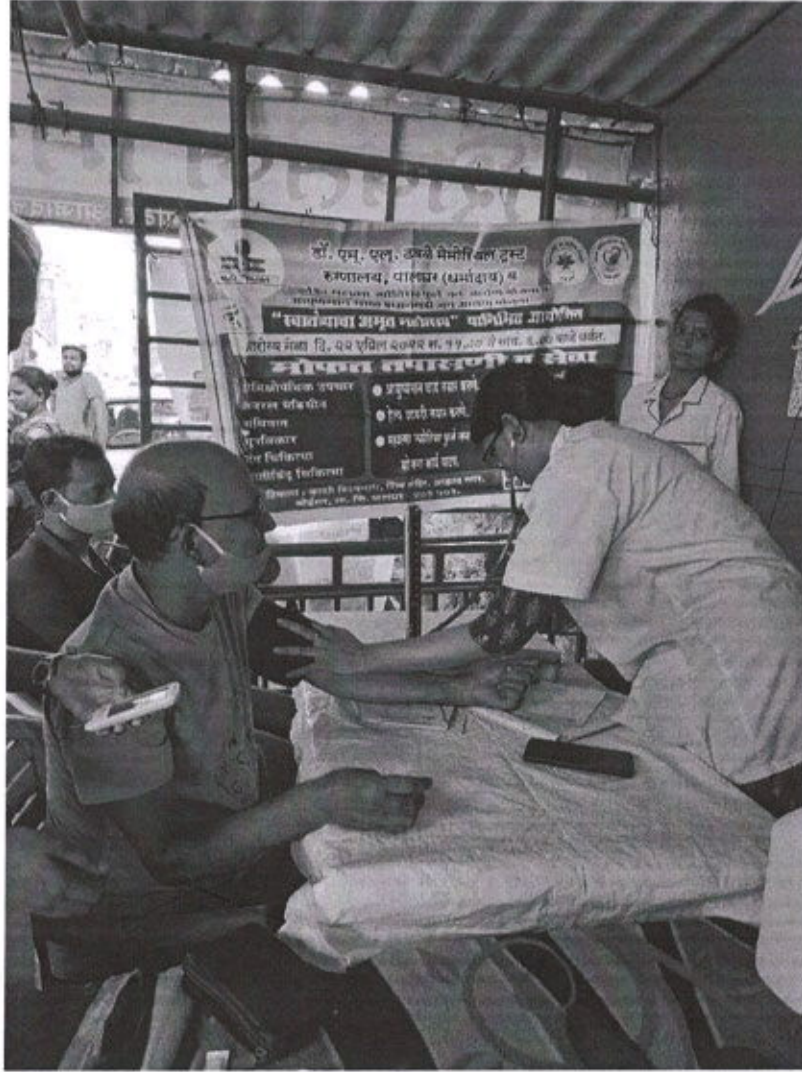
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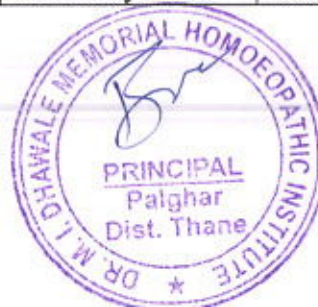
General Health Camp [MJPJAY] REPORT

DATE- 22-04-22

Place- Boisar



No.	Checklist	In-Charge	Status
1	Arrangement of Venue: Cleanliness, Seating arrangements (Table, Chairs, Bed), Lights, Fans,	Mrs. Vidya Patil (Assistant Manager in Community Department ,MLDT Palghar)	Arrange By Mrs. Vidya Patil
2	Curtains around the ECG	Mrs. Vidya Patil	Coordination With





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			Organizer done By Mrs. Vidya Patil
3	LCD Projector, Projection screen, speakers, Laptop arrangement, extension board,	-	-
4	Sound system: collar mike, hand mike/wireless & stand mike	-	-
5	Place arrangements	Mrs. Vidya Patil	Arrange By Mrs. Vidya Patil
6	Samai: Samai Place, oil, lamp, stand, garland, flower petals, match box, table cloth, candle	Mrs. Vidya Patil	Coordination With Organizer done By Mrs. Vidya Patil
7	Camp kit: screening form, Height scale, weighing machine, BP operator, ECG machine (Roll, gel & Envelop), Dental kit, reframe paper, investigation paper, Registration format & follow-up format.	Mrs. Vidya Patil	Arrange By Mrs. Nanda Dhanawade as per Mrs. Vidya Patil Mam instruction. [Dental Department Not Available]
8	Photography (If in-house camera, then check battery status)	Mrs. Vidya Patil	As per Mrs. Vidya Patil mam instruction Ms. Mrunmayi Raut will be do.
9	Refreshment: water, tea, biscuits, snacks	Mrs. Vidya Patil	Arrange By Organizers
10	Transport	Mr. Bhupendra Chaudhari	Mr. Bhupendra sir will be manage.
11	Doctor, students and nursing Team	Dr. Sachin Junagade & Dr Naved Shaikh	Senior RMO- 1. Dr Aniket Patkar [11 am to 3.00pm] RMO- 2. Dr Shivam Baranwal [3 to 6pm] Students - 1. Dr. Shyamali 2. Dr. Gneya 3. Dr. Madhubala 4. Dr. Aashita Nursing Staff_ 1. Ms Babita Muda 2. Ms. Akshaya bhoir Registration staff- 1. Mrunmayi Raut Aarogyamitra 1. Ms. Sara Sankhe
	file to be maintained for each	Mrs. Vidya Patil	As per Mrs. Vidya





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12	camp/session	Patil mam instruction general report will do Msw Department and clinical report will be do Medical Officers
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	Number	Name
Students	3	Dr. Shyamali, Dr. Gneya, Dr. Madhubala, Dr. Aashita

OBJECTIVES:

- Awareness about MJPJAY scheme.
- To enhance the quality of the life of Patients by providing preventive, curative services which would result in higher life expectancy of the people.
- To Reach out community and make them aware about the facilities available at RHH for the patients.
- Screening of pediatric age groups.
- Screening of cataract in adults.
- General screening.
- Awareness about homoeopathy.

DETAILS OF HEALTH CAMP VOLUNTEERS:

Senior RMO-

1. Dr Aniket Patkar [11 am to 3.00pm]

RMO-

2. Dr Shivam Baranwal [3 to 6pm]

Students –

1. Dr. Shyamali

2. Dr. Gneya

3. Dr. Madhubala

4. Dr. Aashita

Nursing Staff_

1. Ms Babita Muda

2. Ms. Akshaya bhoir

Registration staff-

1. Mrunmayi Raut

Aarogyamitra

1. Ms. Sara Sankhe





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Total number of patients seen:

Total no of patients screened- 55

Diseases Found:

In Adults: Cataract, URTI, DM, HTN etc.

Patient Orientation:

Homoeopathic Medicines were prescribed in the acute cases and residents oriented the patients about continuing homoeopathic and allopathic treatment and its benefits in the management of their respective illnesses.

Adult patients were oriented about different schemes and concessions for required Investigations that are available at the center Dr.M.L.Dhawale Memorial Trust Homoeopathic Hospital, Palghar





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JUNE 2022

TL Laproscopic camp report

DATE- 18-06-22

	Number	Name
Students	3	Dr Priya, Dr Khushbu, Dr Arti.W

Laprosopic TL camp held first time in our hospital it was an fruitful experience.

During all the procedure pre ot, post ot got to know which thing to be prepare and what are the medicine we give to them.

During procedure also the care taking by the anaesthetic and the gynaecologist were very good, a very first time i am seeing this surgery so everything is just new to me and the doctor were explaining about the procedure they are doing like small incision is made navel a scope has been introduced and other incision over left Iliad region to clamp the fallopian tube and what are thing we see on the monitor how they are blockage /clamped the fallopian tube.

The camp were held for bhopali village people explaining them the procedure and gaining their assurance that everything is going to happen nicely, that make happy to all of us and they believed in us.

Camp like this will also make other people more educated and these people also share their experience also to there neighbours which will help us to do more T.L and lastly our aim is to stop reproduction in villagers.

Also the Homoeopathic medicine has been given so the wound healing will be proper and no complications has been seen.



Report Regarding General Camp At- Vadrai Palghar

DATE- 24/06/22





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PRINCIPAL
Palghar
Dist. Thane



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Camp Location:

Vadrai village, Palghar.

Camp was organized in the middle of the village so that people can have easy access.

Introduction:

As per the guidelines of Government of Maharashtra MJPJAY Dr.M.L.Dhawale Memorial Trust Homoeopathic Hospital, Palghar has implemented these schemes On 24th June 2022 RHH has launched the schemes for citizen. For the awareness of these schemes RHH had organized free General health Camp at Vadrai Palghar, between 09.30am to 1.30pm. In this camp General check-up were done.

OBJECTIVES:

- Awareness about MJPJAY scheme.
- To enhance the quality of the life of Patients by providing preventive, curative services which would result in higher life expectancy of the people.
- To Reach out community and make them aware about the facilities available at RHH for the patients.
- Screening of pediatric age groups.
- Screening of cataract in adults.
- General screening.
- Awareness about homoeopathy.

DETAILS OF HEALTH CAMP VOLUNTEERS:

Dr. Abhijit Valanju (MD, Physician)

Dr. Aniket

Dr. Kasturi

Dr Sonali

3 Senior-Asma, Samiksha, Harshal

2 Junior-Gayatri and Bhairavi

2 Nurses

1 Front Desk Staff and Driver

01Mr Ravi Bobade (Medical Social Worker)

Total number of patients seen:

A Total of 93 patients were examined, among them 30 were pediatric patients and 63 were adult patients.

Diseases Found:





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In pediatric age groups: URTI, worm infestation, skin complaints, malnutrition, GIT complaints etc.

In Adults: Cataract, URTI, DM, HTN etc.

Patient Orientation:

Homoeopathic Medicines were prescribed in the acute cases and residents oriented the patients about continuing homoeopathic and allopathic treatment and its benefits in the management of their respective illnesses.

Children were brought to the camp by Anganwadi Sevika and a Z.P. Teacher, so we oriented both of them about each child's health status and need of homoeopathic treatment, so that they can convey the message to the parents.

Orientation of Anganwadi workers and teachers about free Homoeopathic treatment in Malnutrition in children was done.

Adult patients were oriented about different schemes and concessions for required Investigations that are available at the center Dr.M.L.Dhawale Memorial Trust Homoeopathic Hospital, Palghar.

	Number	Name
Students	3	Drs Asma, Samiksha, Harshal, Gayatri and Bhairavi



Report Regarding Cataract Camp.



DATE- 28/06/22

Camp Location:

ZP School Near Aryan School, Palghar.
Camp was organized Rotary Club of Palghar.





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Introduction:

Rotary Club member Mr. Prashant Patil. He had organized free cataract screening camp Today, at ZP School Near Aryan School, Palghar between 09.00am to 1.00pm. In this camp General Eye check-up were done.

OBJECTIVES:

- Screening of cataract in adults.
- General screening.
- Awareness about Cataract.

DETAILS OF HEALTH CAMP VOLUNTEERS:

- Dr. Jitesh Thakur (**Medical Officer**)
- Dr Neeraj (**Chief Executive Officer**)
- Dr Avani
- Dr Asmaa
- Mr Ravi Bobade (Medical Social Worker)

Total number of patients seen:

A total of 35 patients were examined and 04 patients had cataracts and the patients with cataracts have been called to Dr ML Dhawale Memorial Trust Hospital on Tuesday for further Treatment.

	Number	Name
Students	2	Dr Avani Dr Asmaa





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EXTENSION ACTIVITIES 2020-21-

2020-21	Identifying and managing anxiety disorders in the Adolescent age group
	Free health camp for children
	Care of care-giver





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Identifying and managing Anxiety disorders in the Adolescent age group

A community activity of the Department of Psychiatry, MLDMHI

Anxiety disorders bring an unpleasant and unjustifiable sense of apprehension accompanied by somatic expressions. They are one of the most common disorders seen among children and adolescents with prevalence of 4% to 20%. Adolescent age is when numerous transitions take places, such as developmental concerns about future, interpersonal relationships along with academic stress, and biological changes in body in the form of psychosexual development. Observing certain cases presenting with difficulties at a personal, family and social levels in our outpatient department, we decided to undertake this activity in the community. Also the current pandemic situation is known to have taken a major toll of students and affecting their psych and soma in various ways.



So, to address the above issues, the Department of Psychiatry, Dr. M.L. Dhawale Institute approached Dandekar junior and senior college of Palghar. Dandekar College which has the mission to spread the higher education in rural and tribal youth to prepare them for advance studies and researches. So the project is an indirect or direct attempt to help the Institution to realize that mission.

Objectives:

1. To spread awareness about normal expressions of anxiety and its progress pathology to junior college students
2. To identify and study the common and characteristic expressions of anxiety disorders in young adolescent age group





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3. To study the efficacy of homoeopathic management in cases of anxiety disorders in junior college students

The project kicked off on January 19th 2021. Two resident doctors of the psychiatry department have taken up a research project in the same field and are actively working in the project made a presentation of anxiety and their common expressions along with its effect on daily life. Students and teachers were very keen to know about all the activities and participated very actively and some of them approached the presenters to discuss their personal issues and if they can help some of their friends who are at home and have issues related to anxiety. Screening using Hamilton A scale was done of 461 students of the 12th std (Science, Arts and Commerce). Analysis showed that around 31 students display severe anxiety and 60 had moderate level of the problem. These has led us to propose a weekly OPD in their college campus itself. Also as per the request of Vice principal, similar sort of activity is under planning for teachers in campus. Also these activities will allow us to take step to approach the senior college in similar manner, with whom a Mental health volunteers training along with teachers was launched last year which was interrupted due to pandemic.

Project is in its active planning and programming stage and the end result and analysis to be followed soon.

	Number	Name
STUDENTS	2	DR SNEHAL SARVAGOD DR SHRADDHA GADRE



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FREE HEALTH CAMP FOR CHILDREN -

मोफत लहान मुलांच्या शस्त्रक्रिया व डोळ्यांची तपासणी

शुक्रवार, 26 मार्च, 2021 सकाळी 10 ते दुपारी 2 पर्यंत

डॉ. एम एल डवळे मेमोरियल ट्रस्टचे धर्मदाय ग्रामीण होमिओपॅथिक रुग्णालय
बोईसर रोड, एस. टी. चॅकपोस्ट वा समोर, पालघर (तालुका इंदिरा नगर को-ऑपरेटिव्ह एस्टेट,
पालघर - 401404)

अपॉइंटमेंट साठी - 7720016372 / 7977442273

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1 ए. राजी अहली पार्क, महालक्ष्मी, मुंबई
www.narayanahealth.org

Appointment
186-0208-0208

REPORT-

Free health camp for children - surgical and ophthalmic checkup was organized by Dr M L Dhawale MEMORIAL HOMOEOPATHIC INSTITUTE, Palghar in collaboration with SRCC CHILDREN'S HOSPITAL on 26th March 2021.

Students posted-

	Number	Name
STUDENT	3	DR NANDINI DR KAJAL DR MAHAWASH

In the camp, 20 patients were checked for different conditions like squints, cataracts, GDD, cerebral palsy, inguinal hernia, and Down syndrome. Patients were checked and needful patients were given a reference to visit SRCC children's hospital for further treatment.

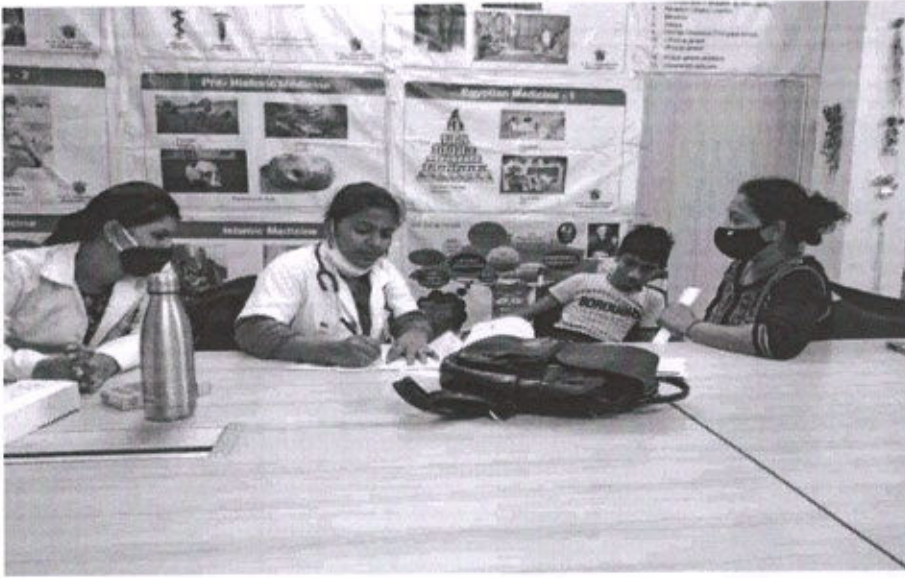


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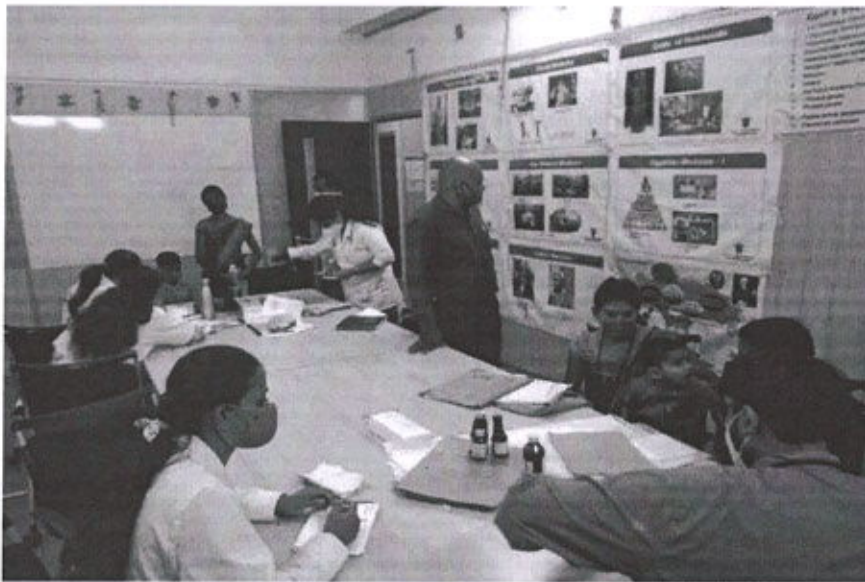


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**Dr. M. L. Dhawale Memorial Homoeopathic Institute,
Palghar**

“Care of care-giver”

**Joint Project by Department of Psychiatry and Department of
Nephrology**

Date	Title	Objectives	Topics/ Methodology/ Conclusion
1 st Sept 2021 to November 2021	Care of care giver- project: Phase 1 Title- Exploring the Mental Health Status of Care givers of CKD patients on hemodialysis at rural and urban setting of Palghar District with the interventions: An Observational study	1. Study mental health status of care givers of CKD patients	Observational study Sample size- 48 care givers Steps: screening and application of psychometric scales (HAM-A, HAM-D, PHQ-9, GHQ-28 and Zarit's burden interview)

	Number	Name
STUDENTS	3	Dr. Snehal Sarvagod, Dr. Mohammad Ubharay, Dr. Luckisha Nagdev,

Title- Exploring the Mental Health Status of Care givers of CKD patients on haemodialysis at rural and urban setting of Palghar District with the interventions: An Observational study

RESULTS

The sample size was supposed to be 60 but the total number of care-givers who could be screened were 48. These 48 care-givers were screened and the psychometric scales (HAM-A, HAM-D, PHQ-9, GHQ-28 and Zarit's burden interview) were applied.

The results obtained through the screenings and the scales are as follows:





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A. DEMOGRAPHIC DATA

1. GENDER

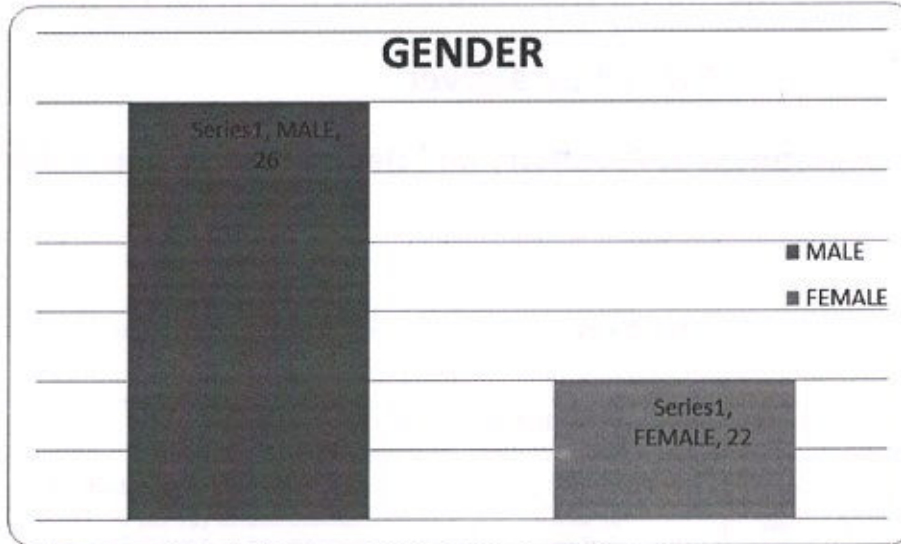


Figure 1- Genders of care givers of CKD patients on haemodialysis

Out of the 48 care-givers, 26 are males (54%) while 22 are females (46%)

1. AGE GROUP

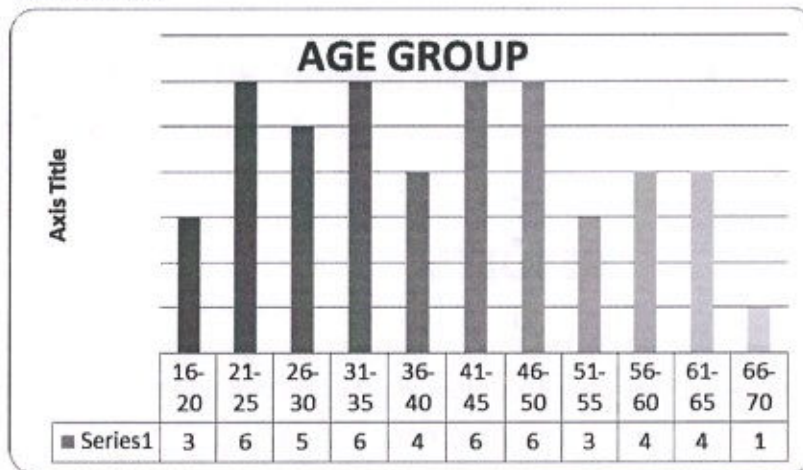


Figure 2: Age groups of care givers of CKD patients on haemodialysis



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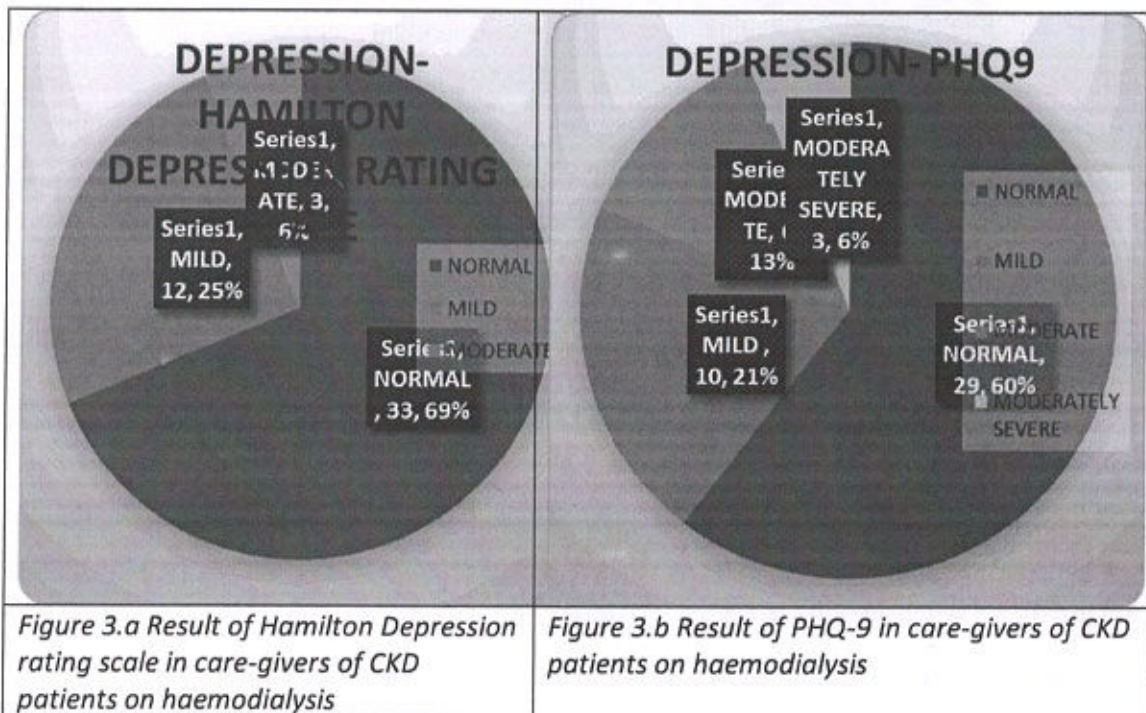
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The care-givers fall into a varied range of ages which is as follows: 3 in the age group of 16-20 years, 6 in 21-25 years, 5 in 26-30 years, 6 in 31-35 years, 4 in 36-40 years, 6 in 41-45 years and

45- 50 years each, 3 in 51-55 years, 4 in 56-60 years and 61-65 years each and one in the range of 66-70 years.

A. RESULTS AS PER THE PSYCHOMETRIC SCALES ADMINISTERED

2. DEPRESSION



This study shows 31% (15 samples) having depression as per HAM-D ranging from mild to moderate depression while PHQ-9 (which signifies the disturbed mood since last 2 weeks of application of scale) shows 40% (19 care-givers).

Family Caregiver Alliance of USA estimated that 25% to 50% of caregivers meet the diagnostic criteria of major depression, and 40% to 70% show significant depressive symptoms. (1)





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There is no Indian study on caregivers of CKD patients but one study was conducted in 2016 on relatives of ICU patients which showed depression in 28% of the samples. (2)

3. ANXIETY

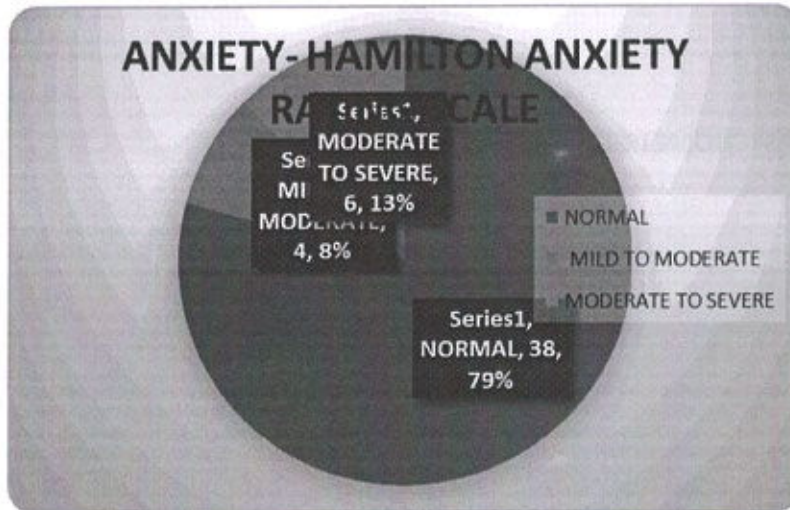


Figure 4- Result of Hamilton Anxiety rating scale in care-givers of CKD patients on haemodialysis

Our study shows anxiety in 21% (10 care-givers) of care-givers which is in accordance with some studies. In 2017, Anxiety disorders contributed to 19% of DALY (3)

A meta-analysis of 13 psychiatric epidemiological studies estimated a prevalence rate of 20.7% of all neurotic disorders. The prevalence rates of different anxiety disorders were 4.2% (Phobia), 5.8% (GAD), 3.1% (Obsession) and 4.5% (Hysteria) (4)

In a 2016 study, anxiety symptoms were present in 21% of relatives of ICU patients. (2)





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4. BURDEN

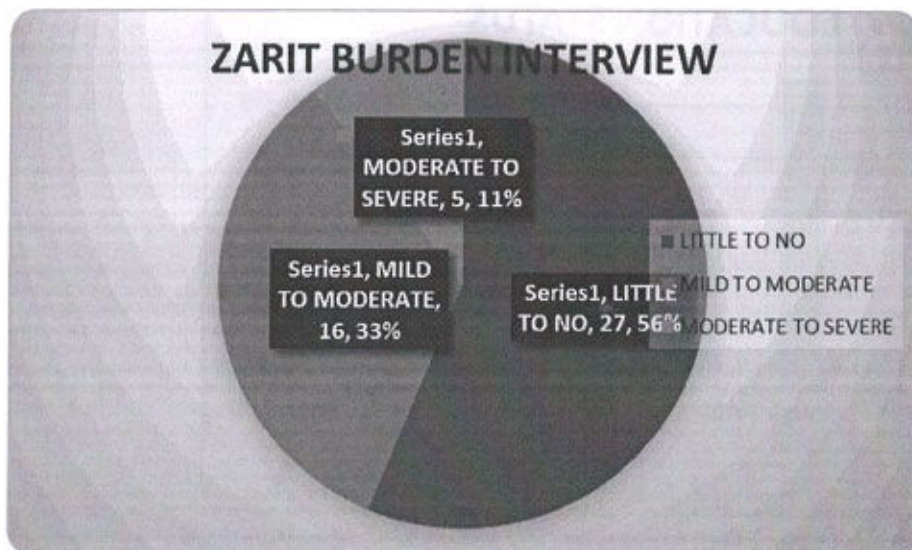


Figure 5: Burden scores on Zarit burden interview in care givers of patients on haemodialysis

In this study, there is little to no burden in 56%, mild to moderate in 33% i.e. 16 care-givers (which is a large number compared to the previous study) and moderate to severe burden in 11% i.e. 5 care-givers.

A study PUBLISHED IN Indian Journal of Psychiatry in 2019 assessed the burden on caregivers of patients undergoing haemo-dialysis in a sample size of 30, showing the following result- Little to no burden in 33%; mild to moderate in 16%, moderate to severe in 40% and severe in 10% (5)

B. STUDY OF VARIOUS FACTORS IN RELATION TO DEPRESSION, ANXIETY AND BURDEN



5. EDUCATION STATUS

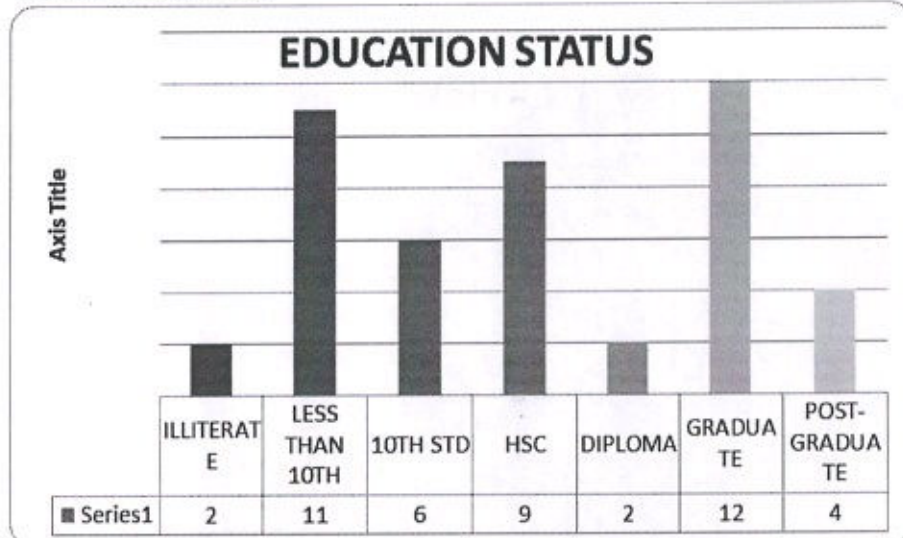


Figure 6.a: Education status of care givers of CKD patients on haemodialysis

The education status range from illiterate to post-graduates. Only 2 care-givers are illiterate while 11 have education less than 10th std. 6 have completed 10th while 9 have completed 12th std. 2 care-givers have diploma courses done. 12 are graduates and 4 are post-graduates.

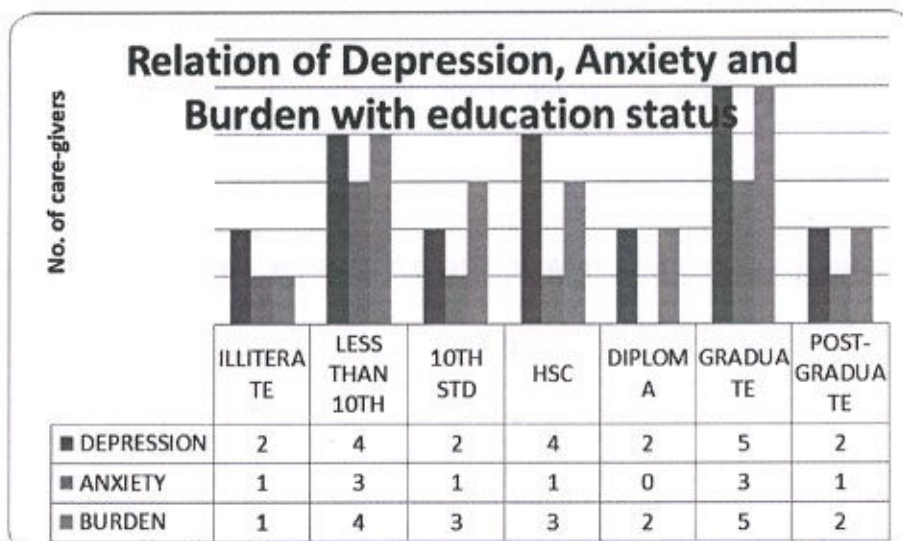


Figure 6.b- Relation of Depression, Anxiety and Burden with education status



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At least 40% prevalence of anxiety, depression or burden is seen irrespective of education status. Of the 2 illiterate care-givers, both have positive scores of depression while anxiety and burden are seen in one each. Of 11 care-givers who have education less than 10th std. Depression and Burden seen in 4 each while anxiety in 3. Of 6 care-givers completed 10th std, 2 have depression, 1 has anxiety and 3 have burden. Of those studied upto 12th std, 4 have depression, 1 has anxiety and 3 have burden. Both the care-givers with diploma education have anxiety and depression. 5 out of 12 graduates have anxiety and depression each while 3 of them have anxiety. Similarly, 2 post-graduates have depression and burden each and one has anxiety.

6. DURATION OF ACCOMPANYING PATIENTS ON

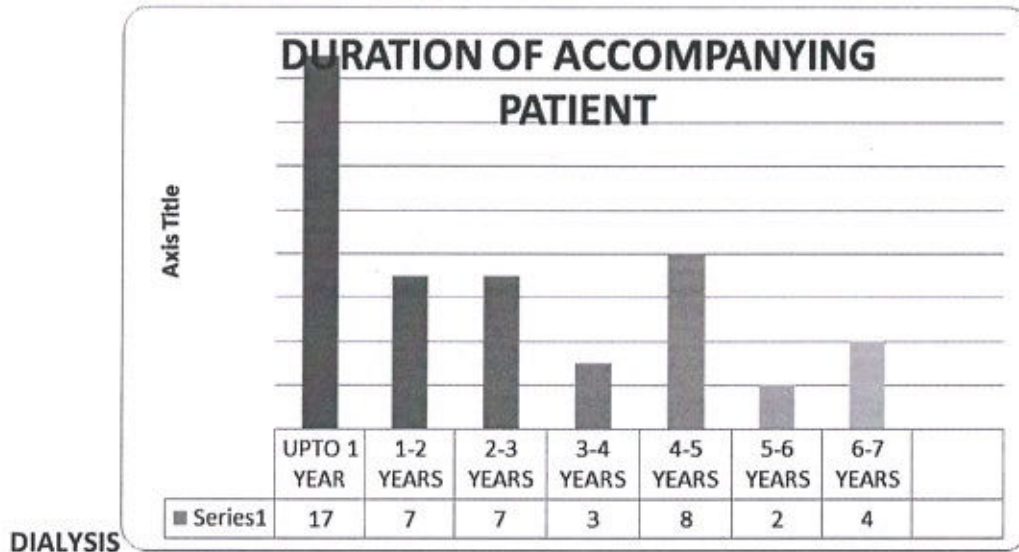


Figure 7.a - Duration for accompanying the patient for dialysis on haemodialysis

The majority i.e. 17 care-givers are the ones accompanying patients since upto 1 years. 7 have been accompanying for the duration of 1-2 years and 2-3 years each. 3 have been accompanying for 3-4 years, 8 for 4-5 years, 2 for 5-6 years and 4 for 6-7 years.



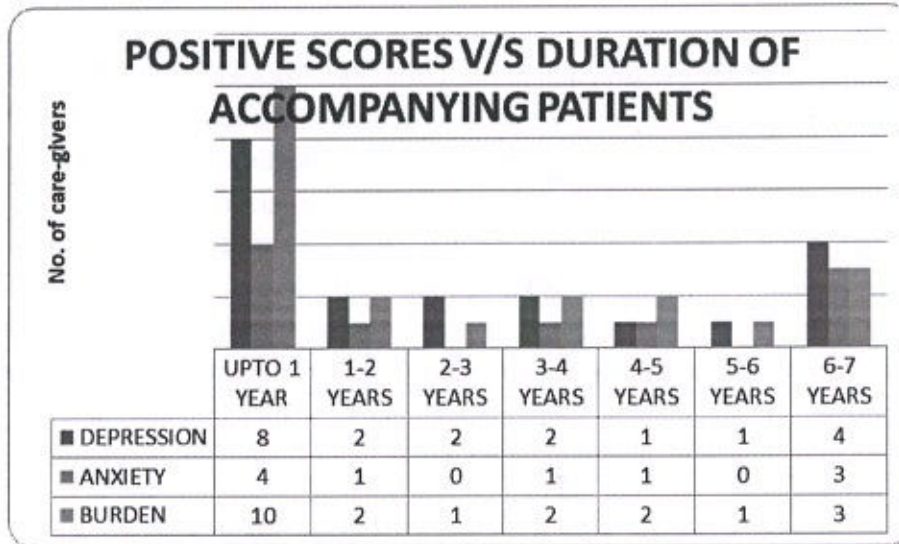


Figure 7.b- Positive Scores of Depression, Anxiety and Burden V/S Duration of accompanying Patients

Care-givers who have been accompanying dialysis patient since last one year show prevalence of 58% of burden, 47% of depression and 28% of anxiety. Of the 4 care-givers

accompanying since more than 6 years, all have presence of depression and 75% show anxiety and burden each. Among these 4 care-givers, 3 of the patients require assistance for everything and have to be looked up for 24 hours daily; Those accompanying from more than one year upto 6 years have markedly less prevalence. This shows that care-givers show markedly disturbed mental health state in the initial period and the long run. The factors for each of these situations can be further explored in counseling sessions.





7. PRESENCE OF CO-MORBIDITIES IN CAREGIVERS

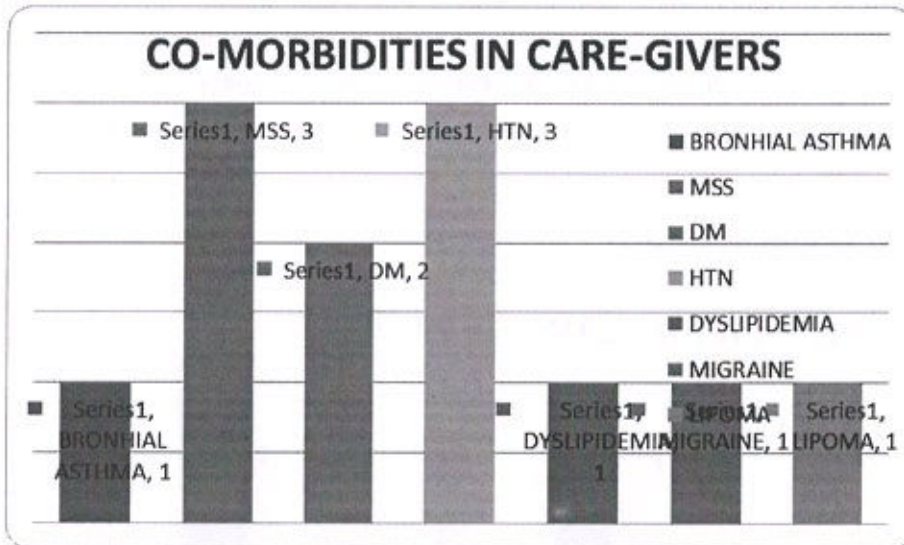
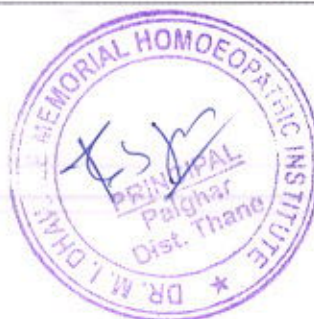
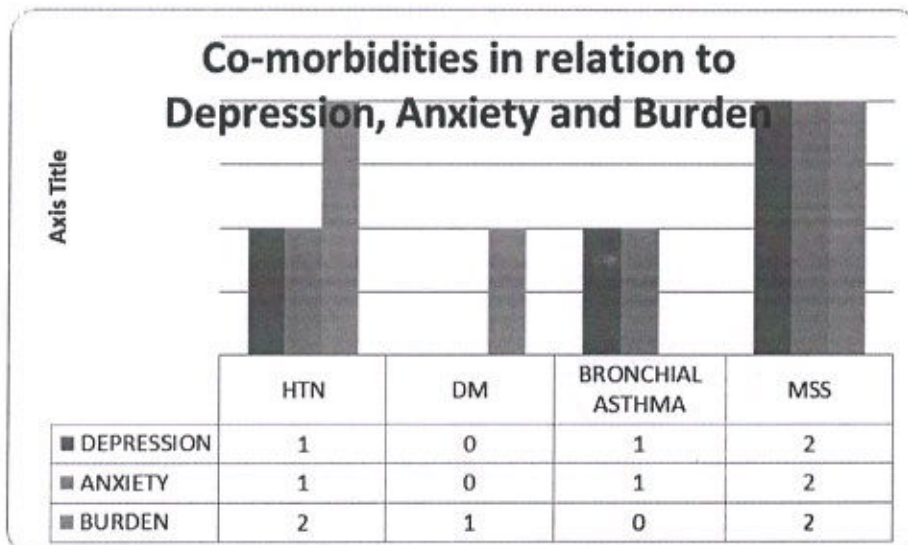


Figure 8.a- presence of co-morbidities in caregivers

A small portion i.e. 12 care-givers show presence of co-morbidities. Bronchial asthma, dyslipidemia, migraine and lipoma are present in one each, musculoskeletal system complains and HTN is present in 3 each while DM is present in one each



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Figure 8.b- Co-morbidities in relation to depression, anxiety and burden in care-givers

Co-morbidities were present in few care-givers. 2 care-givers with HTN have burden while depression and anxiety in one each. One with DM has burden present. The only care-giver with bronchial asthma has depression as well as anxiety. Depression, anxiety and burden is seen in 2 care-givers with MSS affection each.

8. TIME SPENT IN CARE OF PATIENT

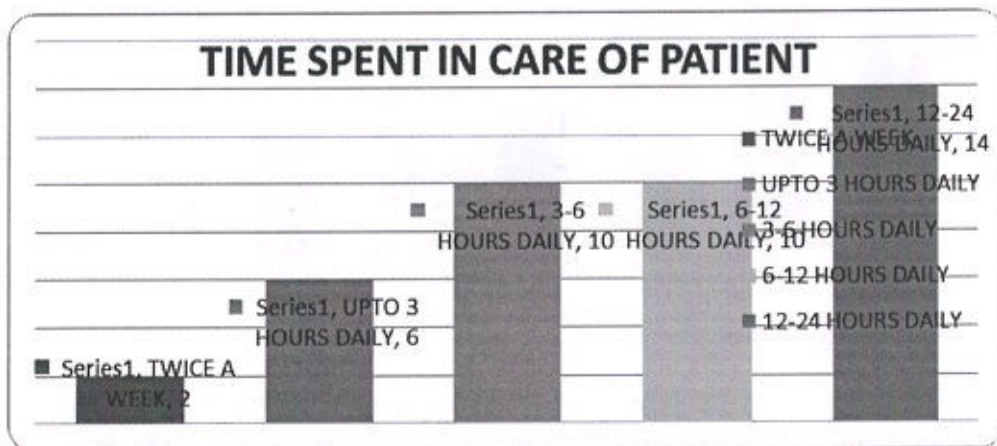


Figure 9. a- Presence of co-morbidities in caregiver

2 care-givers spend time with their patients twice a week, 6 spend upto 3 hours daily, 10 spend 3-6 hours daily while 10 spend 6-12 hours daily. 14 care-givers spend 12-24 hours daily.



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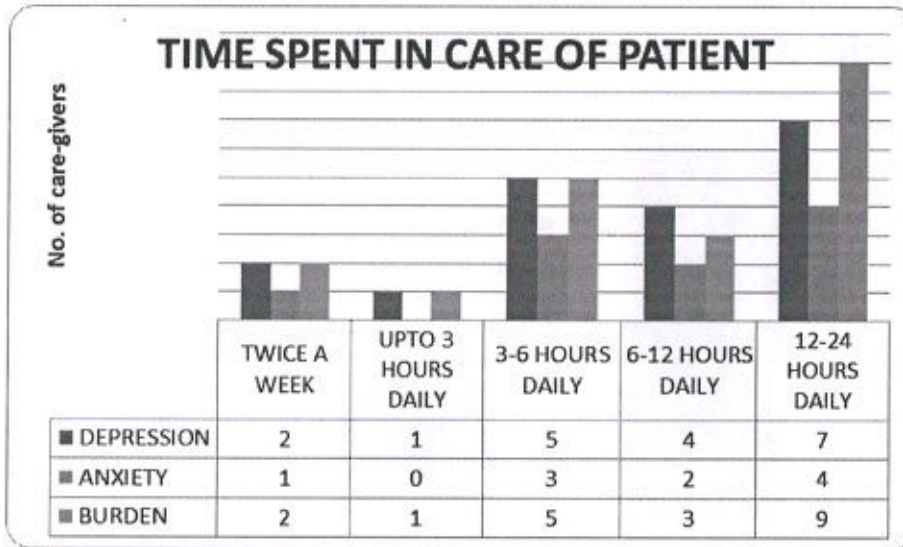


Figure 9.b- Depression, Anxiety and Burden in relation to time spent in care of patient

Of the 2 care-givers who spent twice a week in care of the patient, both have positive scores of depression and burden. Care-givers spending 3-6 hours daily show 50% prevalence of both depression and burden. Significant findings are seen in care-givers spending more than 12 hours daily in patient's care i.e. depression in 50% and burden in 64%.

9. FINANCIAL STATE VS POSITIVE FINDINGS IN PSYCHOMETRIC SCALES



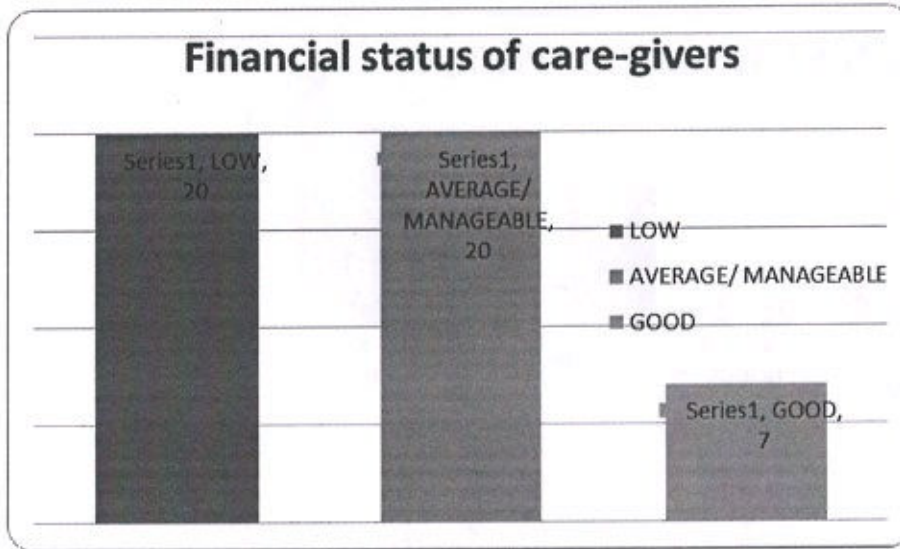


Figure 10.a. financial status of the care-givers

20 care-givers are under low while 20 have average/ manageable financial status. 7 have a good financial status.

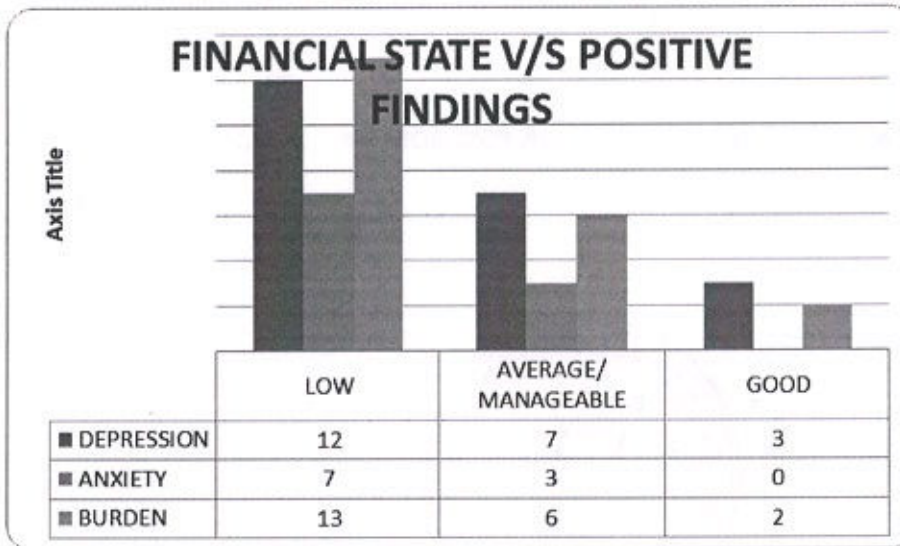


Figure 10.b. financial status of the care-givers v/s positive findings



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Out of 20 care-givers with low financial state depression is present in 12 of them accounting to 60%, 35% have anxiety and 65% have burden. Among the care-givers with average financial state, 35% have depression, 15% have anxiety and 30 % have burden present. Out of 7 care-givers with good financial state, 3 have depression (42%) and 2 have burden (28%)

Since many of the patients are registered in MPJAY scheme, the financial burden is less for each cycle of dialysis but more of the emergency related to dysfunctional fistula, catheter etc which are not covered in the scheme.

10. PATIENT'S ABILITY TO MANAGE THEMSELVES

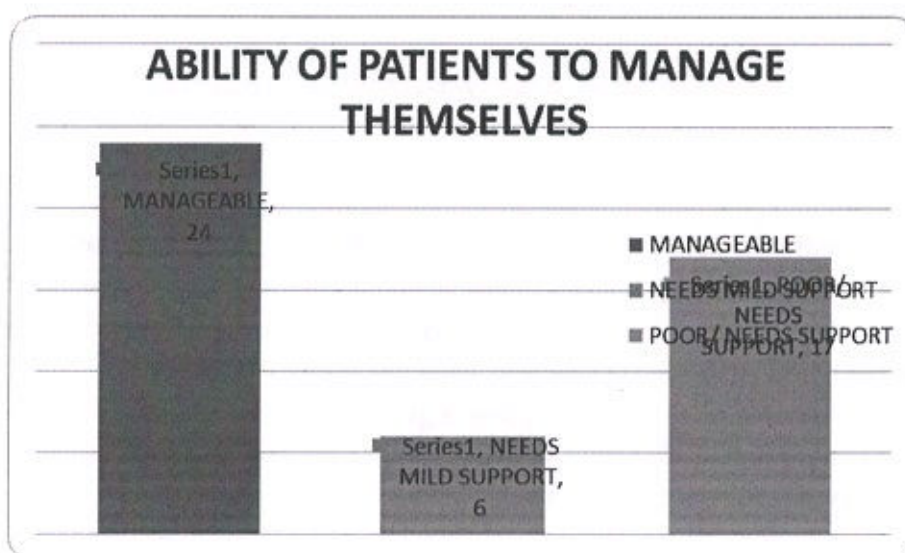


Figure 11.a- No of patients and their ability to manage themselves

50% i.e. 24 patients have good ability to manage themselves without support. Of these 15 are care-givers of patients who have been on dialysis for 2 years or less. 6 patients requiring mild support have been on dialysis for duration ranging from 9 months to 3 years. 17 patients have poor ability and need support. Of these, 4 have been on dialysis since 3 years and 7 from duration ranging 4 years to 7 years.



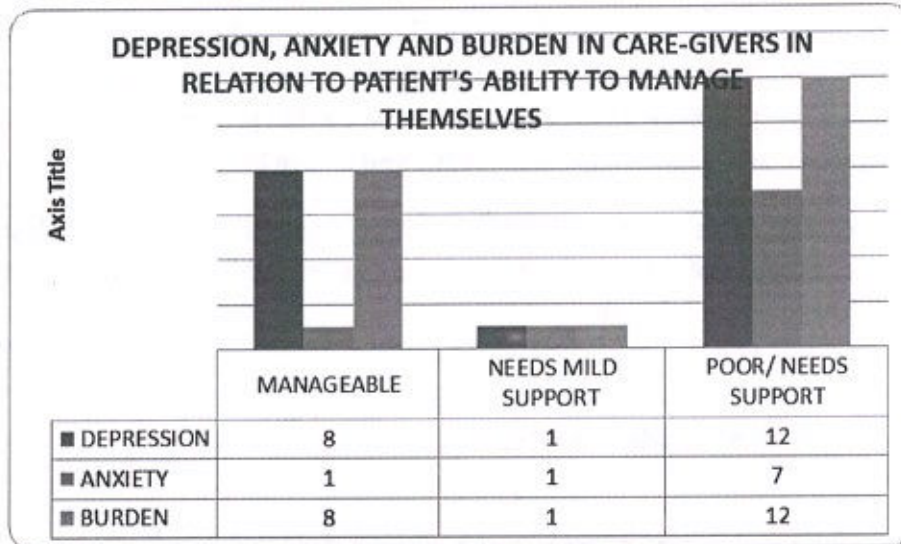


Figure 11.b- Depression, Anxiety and Burden in care-givers in relation to patient's ability to manage themselves

Care-givers of patients who have poor ability to manage themselves and need support show depression and burden in 70% (12 out of 17 care-givers) of each and anxiety in 41 % (7 out of 17 care-givers). Care-givers of patients who are manageable on their own show presence of depression and burden in 8 each (33% each) while anxiety in only one.

In some cases, the burden is less till the patient's general health is maintained and able to manage himself or herself. The time at which the patient becomes dependent on care giver, stresses increase for the care givers.

C. CONCLUSIONS

1. On the HAM-D scale, 31% of the care-givers show depression while on PHQ-9, 40 % show depression
2. 21% show anxiety on HAM-A
3. 33% show Mild- Moderate burden and 11% show Moderate- Severe burden on Zarit's Burden Interview
4. At least 40% prevalence of anxiety, depression or burden is seen irrespective of education status.
5. Care-givers accompanying the patients from a period of within one year and beyond 6 years show major presence of psychological distress. Care-givers who have been





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accompanying dialysis patient since last one year show prevalence of 58% of burden, 47% of depression and 28% of anxiety. Of the 4 care-givers accompanying since more than 6 years, all have presence of depression and 75% show anxiety and burden each.

6. Findings are positive in majority of care-givers spending more than 3 hours daily in care of patient. The care-givers spending more than 12 hours daily in patient's care show depression in 50% and burden in 64%.
7. Care-givers with low financial state show more presence of psychological issues i.e 60% of these have depression, 35% have anxiety and 65% have burden
8. Care-givers of patients who have poor ability to manage themselves and need support show depression and burden in 70% (12 out of 17 care-givers) of each and anxiety in 41 %.

Thus, it can be concluded that significant psychological issues are seen in care givers in their initial one year of accompanying the care-giver for dialysis and accompanying for a long period i.e. beyond 6 years, those who spent more than 12 hours daily on care of the patient, those with low financial state and care-givers of patients with poor ability to manage themselves.

D. SUGGESTIONS BASED ON THE STUDY OF CARE GIVERS :

1. Every care giver should be assessed for mental health issues on the day patient is registered for the dialysis at the center.
2. A bunch of screening tools should be kept ready in dialysis center and residents posted in the OPD should assesses the care givers
3. Training of residents/ staff for the use and orientation of screening tools is done in systematic way by the OPD in-charge
4. Care givers should meet the OPD in-charge at least once in 2 weeks
5. Based on analysis of care givers; intervention should be planned by OPD incharge – Homoeopathic or ancillary
6. OPD incharge is responsible for the documentation –Manual and computerized document and generation of monthly report for the department and MLDMHI
7. Every month over view of the work is must by the OPD in charge
8. Review meeting of all stake holders once in a month is must
9. Self help support group is the need of the time and OPD incharge should plan this in collaboration with Psychiatry department.





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10. Role of MSW in Education and Orientation can be planned / thought of.
11. PG residents from MLDMHI should be encouraged to take up dissertation topic or small project based activity
12. Validation of change in patient and care givers should be done independently with reliable tools.
13. Prepare a special module on mental health of care giver and orient them once in 6 months.

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EXTENSION ACTIVITIES 2019-20-

2019-20	Mental Wellbeing HelpAge_Emoational Well-being
	Understanding Mood & Emotions_Residents & CareGivers



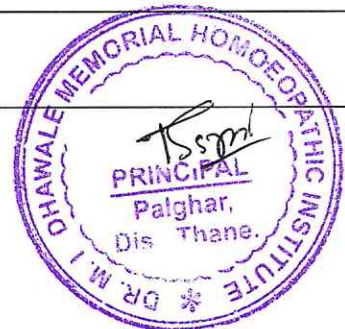


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HelpAge India | Fighting isolation,
poverty, neglect

MONTHLY REPORT: MENTAL WELLBEING PROGRAM

Reporting Month		November 2020
Old Age Home Name:		Anand Vruddhashram
Report Prepared By:		Dr.Mansi Surati
WORKSHOP DETAILS - RESIDENTS	Workshop No.	04
	Workshop Topic	Emotional Wellbeing
	Who conducted workshop (Name of Individual or Team Members)	1. Dr. Mansi Surati 3. Vidya Patil (Social Worker)
	No. of Residents Participated	20
ENABLING ENVIRONME NT SESSION	Session No.	Session no. 4
	Who conducted session (Name of Individual or Team Members)	1. Dr. Mansi Surati Students- 1. Dr Tanvir Shaikh 2. Dr Natasha Naidu
	No. of Participants (Staff)	05 Staff members



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COUNSELLING SESSION	Count of Counselling Sessions	02
	No. of residents with whom counselling sessions were conducted	02
	Sessions conducted by	

Challenges faced during implementing the programme:

- 1) Not all residents are in a state to join sessions in the hall, some are bedridden and have difficulty in hearing.
- 2) Considering visits/programs by several groups they find it difficult to attend all activities being held at Ashram

Experience of the Workshop:

Session started with quick revision of learnings from Previous Sessions on Managing Anger and Frustration. Follow up of whether Action plans have been followed was gauged – which made us conclude to formulate a structure and appointing a person to make them follow Action plans under supervision of Owner of Ashram.



Also, a brief idea was taken from care takers and owners regarding effectiveness of the workshops and changes observed. Few residents having anxiety and reduced communication have been more active and interactive now.

Later a brief idea was about “Emotional Wellbeing” was given by Dr. Mansi Surati. They were asked to evaluate their emotional wellbeing from the scale of 1 to 10 so that at the end of session, one can find objective assessment (Post Session). They were made to identify some basic emotions like anger, sadness, Envy, happiness through a pictorial Power point presentation. That helped them to better understand reflection of emotions on expressions and gestures. Power point also have some



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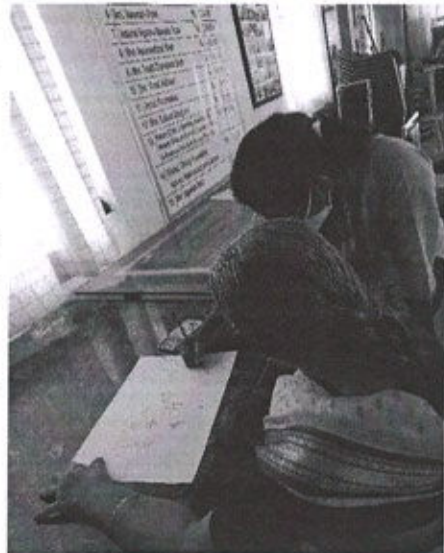
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pleasant images like scenery, flowers, waterfall and meditative image of Lord Buddha – which immediately helped them to notice change of emotions in them and overall impact of Object/stimuli on emotions and body.

Later they were explained about how to maintain or get back to immediate state of emotional wellbeing when encountered by disturbing thoughts and memories – GROUNDING technique was demonstrated to touch, feel, walk, smell, see and taste which would shift focus and help to engage in other activity.

Later Maintaining emotional health at the elderly age – needs some motivation and realignment in thinking patterns -i.e, cognitive corrections, for which a short video from the film “102 Not out” was showed to them – where 2 character (both elderly 75 years and 98 years – father and son- where son has age related anxieties, sadness, physical illness, frustrations and father elder to him – full of life, living in present, stay motivated and positive outlook towards life. At the end of 9 minutes scene they were asked to share difference between two characters and their living, which they were able to spot very well and discussion was built on same.

At the end of session just to lighten up the environment to bring some mental activity combined with psychomotor activity as well – they were given a A4 size paper with pencils and pastel colours – they enjoyed with activity – since they were not given sample sketch, they discussed amongst themselves and helped each other, worked as team, made sketches and coloured them as well. Everyone was asked to stick sketched in their room – and see it while they wake up in morning.

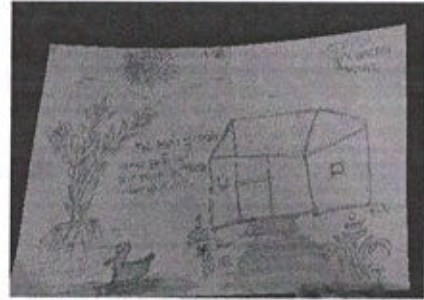


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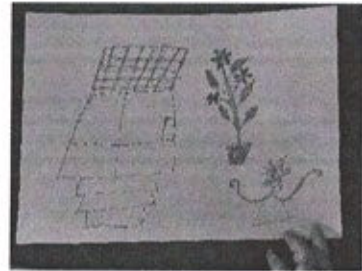
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At the end of session again they were asked to rate their emotional wellbeing from 1 to 10 and many found increase in their ratings. Session was concluded on giving them take home lessons of grounding, sketching and getting inspired on the optimistic character from movie scene.



Experience of the session with Staff:

Staff was involved and they enjoyed the scene from the movie and could pick up that outlook towards life plays a major role in emotional wellbeing. Thoughts and emotions can be changed and are under our control, once we learn to deal with them.





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Dr. M.L.Dhawale Memorial Trust Palghar

Session:02: Report: A) Understanding Your Emotions & Mood B) Emotional Wellbeing workshop
for caregivers.

Date: 10/11/2020

Activity Supervisor: Dr. Manoj Patel

Post Graduate Student: Dr. Priyanka Kewalramani

Co-ordinator: Dr. Mansi Surati

Timing: 11:00 to 1:00 Pm and



The Objective of Session:

- 1) To understand one own Emotion and Mood
- 2) Impact on Mood and Emotions on one's behavior
- 3) Inter-relatedness of thinking and emotions
- 4) Becoming aware of the healthy thinking process
- 5) Tips on Emotional Wellbeing for Care Givers

Pre- Session Preparation:

- 1) Discussion to use audio-video Technology for an effective outcome
- 2) Searching for suitable content to show
- 3) Discussion on emotional issues of Residents
- 4) Application of Care Giver's Burden Questionnaire to identify their emotional issues.



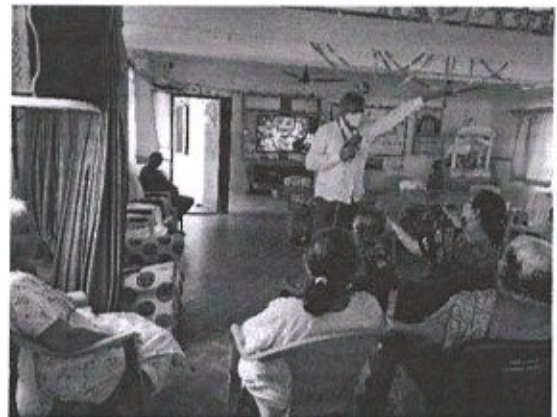
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Session:

- Group was oriented about the topic of the session asking thoughts they had in the morning and how did they feel after that. The aim here was to emphasize no one escape from thoughts emerging but the response to those thoughts can be realigned, once we are aware of it. This discussion was an ice breaker and to set the momentum. We some responses like remembering wife, religious thoughts, thoughts regarding the topic of the session. Thus, we demonstrated mood is always an outcome of the thinking process.
- For sensitization and moving closer to the subject, we showed them a short film named "The Blue Helmet" of 9 minutes. Story picturizes an elderly lady living alone in a house, repeatedly her head gets hit by various objects while doing daily work. Also, she appears lost in her thoughts while following her daily routine. She starts wearing a Blue Helmet at home and whenever she visits. That Helmet protects her from injury whenever her head gets hit by to door or an auto-rickshaw. A scene at the end shows a boy riding a bike almost have a collision with her but she remains safe and coming back home she lit a lamp in front of an image of her son who is no more- who lost his life in a Road Accident.
Orientation for Session and discussion on Short film- Dr.Mansi Surati
- The movie brought smiles and also allowed them to get strength from the lady in a movie who though alone lost everyone in the family – still manages to be self-sufficient and not sits with a solution and cry but rather get up and find a solution to it.
- Symbolization and importance of Helmet in her life were asked to Residents and most of them came up with several contributions like it was a memory of her son, it was a symbolization as if the boy is protecting her, her awareness about self-care. Dr.Manoj Patel took charge over here and imparted solid take-home lesson- where he showed a perspective where there is no one in her family, death of a young son, several people visiting her home where she finds herself insecure but she does not sit and cry with her problems, rather come out the solutions and look forward to life.
- We had active responses from almost every resident and few caregivers as well who were part of the group including their yoga therapist and Acupressure therapist.
- Group was moved, relate, and got motivated by the movie evident from their participation.
- All felt refreshed as well since they saw the movie after a long time.
- While we were conducting the session – 3 members from HelpAge Delhi (Dr. Reeta and Dr.Ram) and Mr. Valerian Pais joined us through a Zoom Meeting Scheduled and they interacted with the entire group and appealed to them to wear Masks responsibly and also congratulated



Tips for Emotional Health and discussion on "The Blue Helmet" - Dr.Manoj Patel



Resident's involved in Activity



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the team for the efforts and sessions. Residents interacted with them as well. Mrs. Manishaben Kotak was present in the meeting as well. She too interacted with members from Delhi and motivated the group to interact and gained maximum benefit from the session.

- Residents gave Diwali wishes and blessings to each one of us and they conveyed their wishes through Zoom as well.
- Later to Dr. Manoj Patel gave some very simple tips to enhance emotional wellbeing and promote healthy thinking patterns. He asked everyone to remain alert whenever thoughts change and are observant of self. This will enable them to shift their thoughts and bring change in their emotions.
- He lifted the concept of Helmet to which group vibrated completely and asked each one of them how and what will be their "Helmet" to protect them from unwanted thoughts. He metaphorically connected the injury of that lady with unwanted thoughts and remarks of people in our life. We all should have our Helmet to protect us. And everyone at the end came up with one activity which will enable them to shift their thoughts and emotions. Eg., an exercise in the morning, open communication, prayer rituals, etc.
- Later we showed them one of the famous Kabir Doha – Audio of which mesmerized everyone in the spiritual zone and lifted spirits high which said everyone is alone in life – one comes alone and goes alone. One needs to surf through the ocean of Maya and everyone goes through! (Koi Nahi Apna – Shabnam Virmani)
- Everyone clapped and were lost in tune as if all were rejuvenated.
- Residents at the end shared Benefits from the session and thanked the team of Doctors.
- We appealed to them to meet for common prayer in the hall for exchange of positive energy.
- **Further Plan:** To take follow up about the exercises they took to maintain their mood and emotions.



Residents immersed in spiritual Bhajan

Emotional Well-being Workshop for Care Givers:

Pre-Session:

- Caregivers were interviewed through general and one-to-one meetings to become aware of their emotional issues.
- We applied a scale names Care Giver's Burden scale for objective assessment of pre and post-interventions.
- There is a total of 9 Care Givers. 5 experienced moderate burden and 4 experienced Mild.



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- Major issues that came to the surface were resident's lack of trust in them, they are not valued and looked upon as servants, residents ask for help more than what they need, giving rise to transient irritability and anger which remains unexpressed.
- They at times have to bear brunt of Residents and Owners of Ashram as well.

Session:



- Dr. Manoj Patel Sensitized all of them towards the Mental Health Status of Residents and their Mental State. This Helped Residents to shift their thoughts and their expectations of appreciation from Residents.
- The self-Exposure technique was used by Dr. Manoj Patel where he shared his experience of Serving people in Rural areas and his Karmic reward in his life from some other sources.
- Later all CareGivers shared their experience of some good outcomes in their life and progress in their life after they started serving to Ashram. *Care-Givers Session*
- All Caregivers will be given personal attention and were asked to communicate freely to a team of visiting doctors.
- Further Plan: Activity-based sessions will be conducted for caregivers to reduce their emotional burden.





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EXTENSION ACTIVITIES 2018-19-

2018-19	Mental Health Camp Palghar
	Geriatric Health Camp Palghar
	Paediatric Health Camp Surya Valley School Maswan
	Paediatric Health Camp J VH S Palghar 07-02-2019
	Mental Health Camp Vangaon





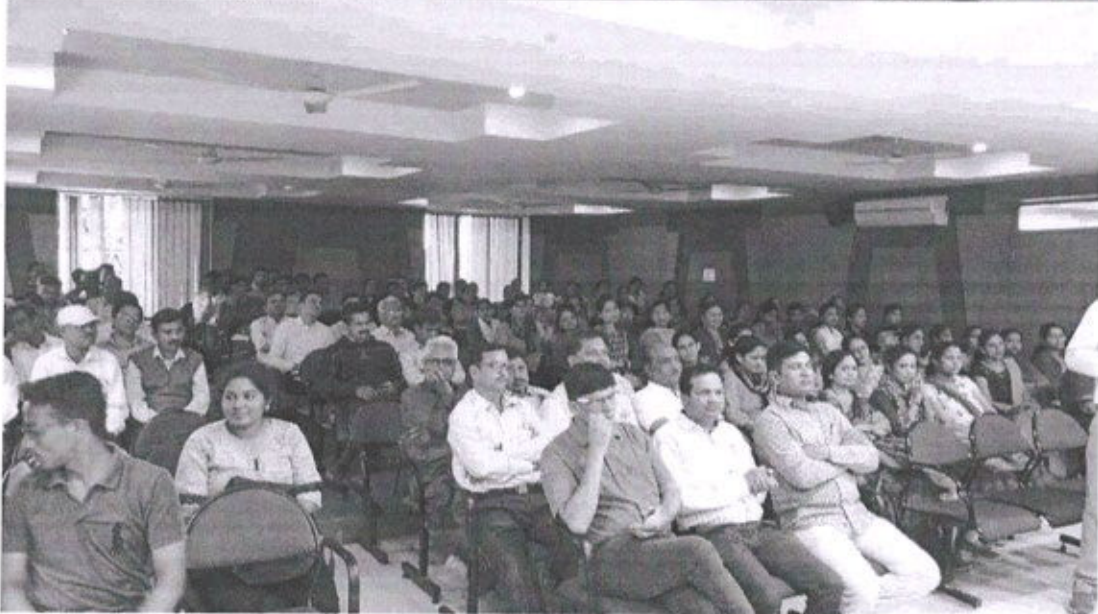
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Mental Health Camp Palghar 02-01-2019



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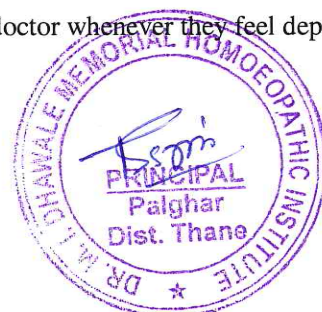
REPORT-

DATE- 02-01-2019

Students- 2- 1.) Dr Vivek Vasoya, 2.) Dr Sonal Jagtap

Faculty- Dr Sunita Nikumbh

A Mental health orientation session was conducted in collaboration with SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE AND M.H. MEHTA SCIENCE COLLEGE, PALGHAR. The students of that college were oriented about the good mental health. They were oriented about the importance to share their difficulty at mental level with the doctor whenever they feel depressed.





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Geriatric Health Camp Palghar 25-01-2019

REPORT-

DATE- 25-01-2019

	Number	Name
Students	4	Dr Bharatraj, Dr Dhanashree, Dr Rasika, Dr Nayan
MO	1	Dr Jitesh

No. of Students- 4

A Geriatric Health Camp Palghar 25-01-2019 was conducted in Dr M L DHAWALE MEMORIAL HOMOEOPATHIC INSTITUTE, PALGHAR. The students and medical officer screened patients for different geriatric complaints like cataract, HTN, DM, depression, OA, renal issues etc. The patients were given guidance on proper diet and counselling depending on the diseases they were suffering from. They were oriented about the importance to share their difficulty at mental level with the doctor whenever they feel depressed and were given homoeopathic treatment for their complaints.

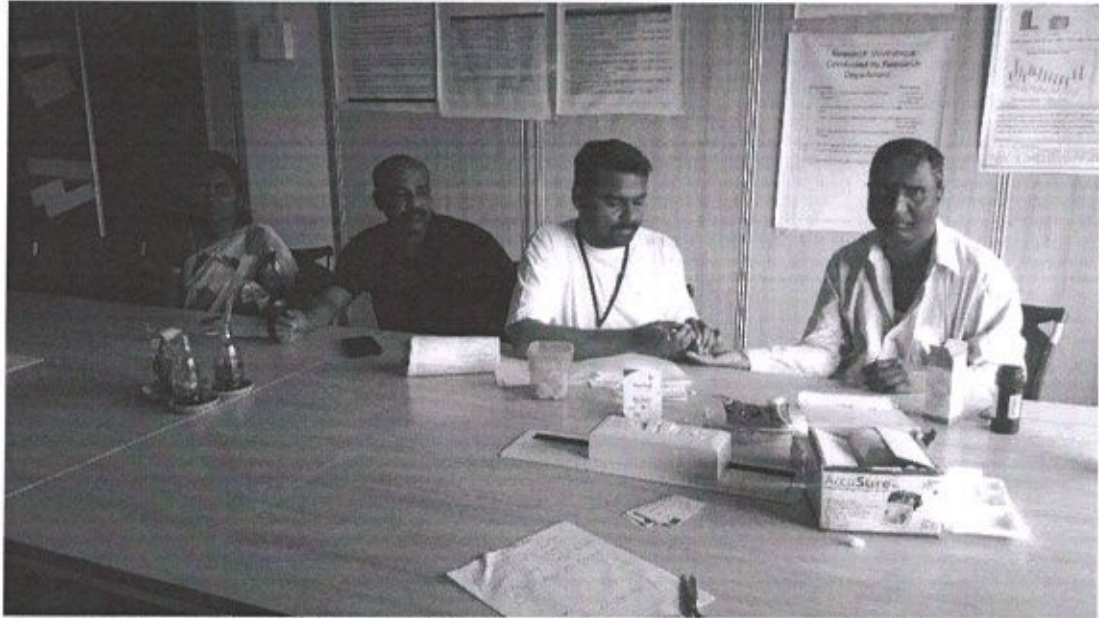


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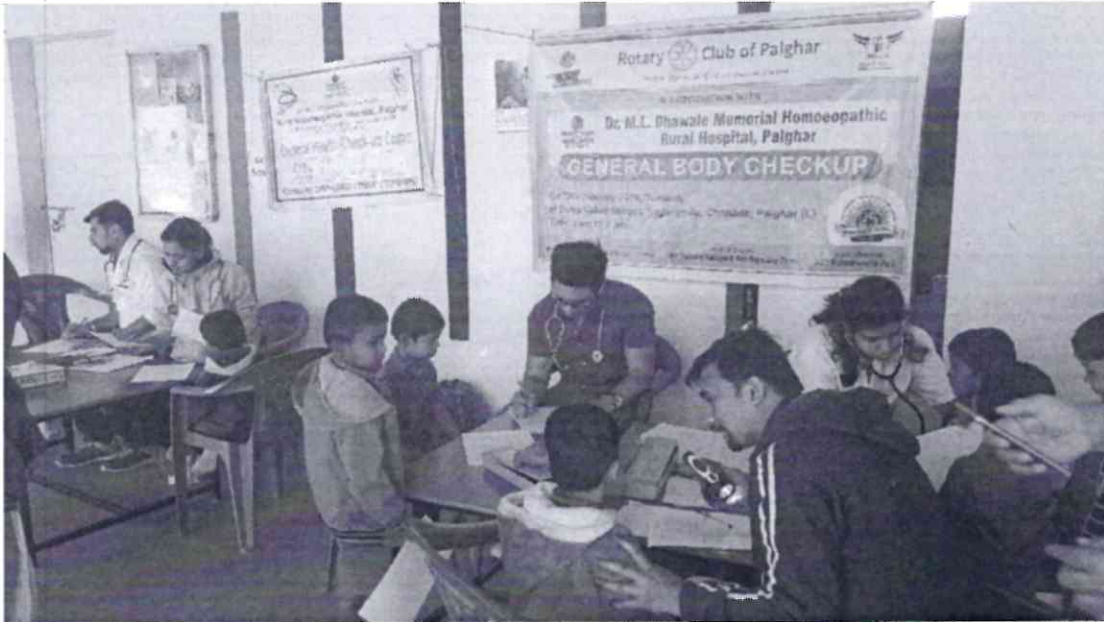


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SURYA VALLEY SCHOOL CAMP REPORT

Date- 29-01-2019



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The camp was held on 29/01/19 from 9am to 2pm.

Camp team- Team of 8 doctors Dr. Omkar, Dr. Albert, Dr. Ashutosh, Dr. Devyani, Dr. Manasi, Dr. Dhanashree, Dr. Jigar, Dr. Suyash, sister and Mahendra





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- 2) While selecting students for camp we should also keep in mind any of the team student can get sick or may have to go on any leave so it can affect team so we should plan accordingly.
- 3) The updated Timetable of posting should be shared on Medical officer group so that selection of students for camp is done correctly and it does not hamper the OPD functioning.
- 4) Informing about the camp date, time and students to be done on MEDICAL OFFICER GROUP AND STAFF GROUP after approving it from Dr. ARK SIR and Dr. Sachin sir. Then it should be shared on Students group so that they can inform if they have any difficult in attending camp fire toy any reasons.
- 5) Timely submission of report after the camp.

Thanks to team of sister and doctors, Mr Mahendra and to Dr. Mohsina, Dr Sachin sir and Dr. CRG sir for help and guidance.

REPORT-

DATE- 29-01-2019

	Number	Name
Students	4	DR JIGAR, DR ALBERT, DR ASHUTOSH, DR MANASI, DR DEVYANI, DR SUYASH, DR DHANASHREE
Teacher	1	Dr Omkar Anavkar





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Paediatric Health Camp J V H S Palghar 07-02-2019

REPORT-

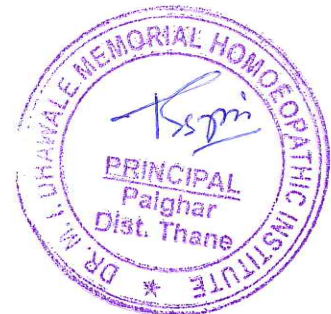
DATE- 07-02-2019

	Number	Name
Students	7	Drs Vandana, Nayan, Chetana, Rupam, Ashutosh, Sangya, Neha,
Teacher	1	Dr Omkar Anavkar

The camp was held on 07/02/19 from 9am to 2pm.

Camp team- Team of 8 doctors Drs Vandana, Nayan, Chetana, Rupam, Ashutosh, Sangya, Neha, was selected for camp. Team of doctors and other preparations which should be done before the camp was done with the help of Dr. Omkar under the guidance of Dr. Sachin sir.

Th students screened all students and common complaints seen were dental carries, recurrent URTI, grade 1 and 2 malnutrition, worm infestation, abdominal pain, etc. All these cases were asked to come to follow up on our hospital.



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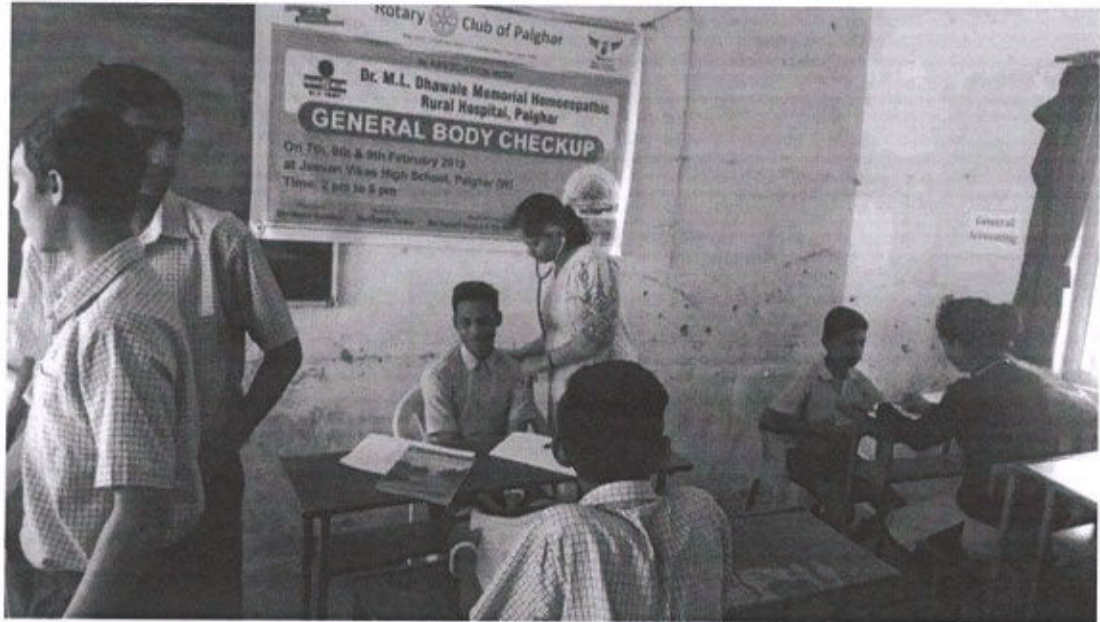


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Mental Health Camp Vangaon 01-03-2019

REPORT-

DATE- 01-03-2019

	Number	Name
Students	2	Drs Sonal, Dr Samiksha

The camp was held on 01/03/19.

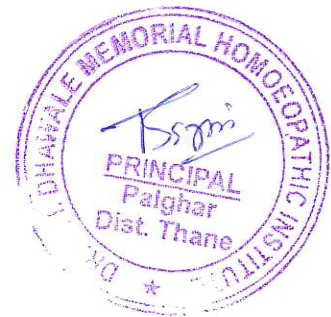
A Mental health orientation session was conducted in collaboration with INDUSTRIAL TRAINING INSTITUTE, Vangaon The students of that institute were oriented on good mental health. The queries asked by the students were resolved post-session.





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EXTENSION ACTIVITIES 2017-18-

2017-18	Organ donation awareness session
	Dr Babasaheb Ambedkar's birth anniversary
	Blood Donation
	General school Health Checkup





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ORGAN DONATION AWARENESS SESSION

DATE- 13/08/2018





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Skit on organ donation awareness-

	Number	Names
STUDENTS	8	1. DR ASHUTOSH LOHIA 2. DR CHAITANYA CHIPLUNKAR 3. DR ALBERT N. 4. DR SAURABH 5. DR MUKTA D. 6. DR SAMIKSHA M. 7. DR SONAL J. 8. DR NISHIGANDHA M.

The skit was presented at palghar railway station by students of Dr. M L DHAWALE HOMOEOPATHIC INSTITUTE, Palghar.

They shared the importance of organ donation with the community through a skit presentation and propagated organ donation.





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Dr. Babasaheb Ambedkar's birth anniversary

DATE- 13-04-2018

Babasaheb Ambedkar's birth anniversary on 14th April 2018 was celebrated at the Collector's office with a skit which presented the vicious cycle of lack of employment, poverty, illiteracy, addictions & how it affects girl's education & role of educated citizen in spreading awareness /importance of education as moral responsibility for the betterment of society. Various schemes related to education were mentioned in skit. The students are benefited as they too become aware of the social dimensions of these problems. As a part of the awareness, we also indicate the type of treatment facilities available in the Psychiatry Department of the Hospital and offer guidance of how Homoeopathy can assist in the effort.





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	Number	Names
STUDENTS	7	1. DR MANASI SHINDE 2. DR RASIKA 3. DR RUTUJA 4. DR RISHIKESH 5. DR DONSL 6. DR SHALINI 7. DR DEVYANI





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BLOOD DONATION-

DATE- 10/09/2018



The blood donation camp was organized by Dr. M L DHAWALE HOMOEOPATHIC INSTITUTE, Palghar in YESHWANTRAO CHAPHEKAR COLLEGE, PALGHAR.

Blood donation camp students participated-

	Number	Names
STUDENTS	4	1. Dr SANJANA 2. DR SHALINI S. 3. DR SANGYA 4. DR SHEHLA





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GENERAL SCHOOL HEALTH CHECK-UP

CAMP 2018- S.T. KADAM HIGH SCHOOL-



	Number	Names
STUDENTS	5	1. DR SUSHIL JAIN 2. DR SHUBHAM 3. DR VANSH 4. DR SWAPNAJA 5. DR APARNA

The camp was held on 22/10/18. Camp team- Team of 8 doctors DR SUSHIL JAIN, DR SHUBHAM, DR VANSH, DR SWAPNAJA, DR APARNA. The camp started with felicitation of all doctors.

The sister team were doing registration and meeting the height and weight of the students. Common complaints seen were recurrent URTI, grade 1 and 2 malnutrition, dental carries and abdominal pain were screened. All these cases we're asked to come to follow up on our hospital.

